



Blue Button
Download
My Data

My HealthVet VA Blue Button User Guide

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Quick Guide to Access My HealtheVet VA Blue Button

Below are steps to download your **My HealtheVet VA Blue Button** personal information report. Select each step to be taken to detailed instructions:

Step 1 – [Login to your My HealtheVet account](#)

Step 2 – [Select the **Blue Button** icon](#)

Step 3 – [Choose **Download My Data**.](#)

Step 4 – [On the **Select Type of Report** page, choose **VA Blue Button**](#)

Step 5 – [Download your Health Information to a File](#)

Step 6 – [View/Print Your Health Information](#)

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Where to Find Help

Frequently Asked Questions, Help and Contact MHV

At the top of every page is a white bar (see **Figure 1** below) where you can get support.

- (1) Select **FAQs** to take you to **Frequently Asked Questions** and get answers to common questions and answers about using the **VA Blue Button**.

(2) Select [Contact MHV](#) to send a message to the My HealtheVet Help Desk.

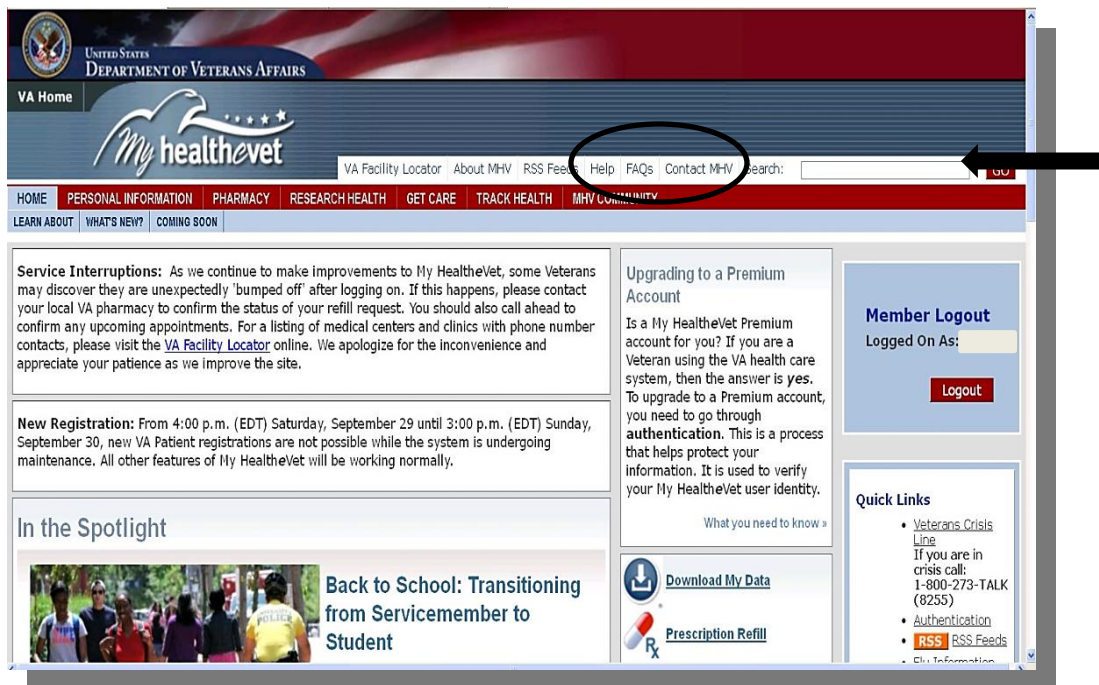


Figure 1: Help, FAQs and Contact MHV

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Introduction to My HealtheVet VA Blue Button



My HealtheVet VA Blue Button is a feature that allows you to view, print download and save available health information ([data](#)) in your My HealtheVet account. **VA Blue Button** is simple, easy to use, private and secure. Anytime and anywhere you can access the Internet, you may use the **VA Blue Button**.

You may be able to access specific **VA Blue Button** features based on your My HealtheVet account type. The three account types available are: **Basic**, **Advanced** and **Premium**. For more information about these accounts, select [My HealtheVet Account Types](#). To view information from your VA health record or Department of Defense (DoD), you need to have an **Advanced** or **Premium** My HealtheVet Account.

Having a copy of your health information may help you better manage your health care. You can share this information with your VA health care team. If you visit a non-VA health care provider, the **VA Blue Button** makes it easy to share with them, too. VA Blue Button helps you become a partner with members of your health care team.

When you select the **VA Blue Button**, you can view and print your My HealtheVet data. You can also download your My HealtheVet data to a computer or other device (such as a

[CD](#), [thumb drive](#), or [mobile device](#)). This lets you take your personal health information with you. You can choose to share this with your VA health care team, caregivers, or non-VA provider.

You can get your **VA Blue Button** information in two file formats. You can download it in a format that is easy to read and print ([.pdf file](#)) or a simple text format ([.txt file](#)).

Please be aware: Anytime you open/download a .pdf file, you create a temporary file on the computer you are using. There is a risk of exposing your information when you download a .pdf file, especially on public or shared computers. Learn more about protecting your personal health information.



NOTE: *You are the only one who can access your health information in My HealthVet. You choose with whom to share your information. If you want someone else to have access to your health information, you must give it to that person.*

You are responsible for [protecting your personal health information](#) when you print or download it. It is important to protect your information. Protect this information the same way you would protect your banking or credit card information. Do not leave your printed information in a printer. Do not save your downloaded information to a public computer. When using a public computer, save your health information to a CD or a thumb drive. Remember to take the CD or thumb drive with you when you finish.

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Let's Get Set Up

What is Needed to Use the VA Blue Button?

- **Computer with Internet Access**

To use the **VA Blue Button**, your computer should have an Internet browser (see [My HealthVet Browser Compatibility](#)). You also need access to the Internet. If you do not have Internet access at home, you can use public libraries or Internet cafes. You may also use computers at your local VA Medical Center, Vet Center, or at your local Veteran Service Organization.

Save your health information to a [CD](#), [thumb drive](#), or [mobile device](#) when using a public computer. If using a public computer, be sure to log out after you have finished. You need to have access to a printer connected to the computer if you want to print your health information.

Please be aware: Anytime you open/download a .pdf file, you create a temporary file on the computer you are using. There is a risk of exposing your information when you download a .pdf file, especially on public or shared computers. Learn more about protecting your personal health information.

- **My HealtheVet Registered Account**

Before you can use the **VA Blue Button**, you must first login to the My HealtheVet website (www.myhealth.va.gov).

HELPFUL HINT: If you are already registered and use the VA Healthcare System, you are a **VA Patient**. You must be registered as a **VA Patient** or **Veteran** to get an Advanced or Premium account (see **Figure 2** below). Here is a way to make sure you are registered as a **VA Patient** or **Veteran**:

Step 1 – Login to My HealtheVet

Step 2 – Select the **PERSONAL INFORMATION** tab

Step 3 – Select the **Profiles** sub-tab

Step 4 – Under **Relationship to the VA**, If **VA Patient** or **Veteran** is not checked and you use the VA Healthcare System, select these boxes. This will put a checkmark in the box (see **Figure 2** below).

Step 5 – Select the **Save** button at the bottom of the screen

See [My HealtheVet Account Types](#) for an easy way to find your account status. If you have a [Basic](#) Account, follow the above **Steps**, and upgrade your account through the [authentication](#) process.

RELATIONSHIP TO THE VA

Do you use the VA Healthcare System? Selecting **VA Patient** is the first step to gain access to:

- VA Prescription Refills
- Secure Messaging
- VA Blue Button
- Key portions of your electronic VA health record
- DoD Military Service Information (for some).

Tell us about yourself. (Check all that apply. *At least one is required.)

<input checked="" type="checkbox"/> VA Patient	<input type="checkbox"/> Veteran Advocate/Family Member/Friend
<input type="checkbox"/> Veteran	<input type="checkbox"/> VA Employee
<input type="checkbox"/> Health Care Provider	<input type="checkbox"/> Other

Figure 2: Register as a VA Patient

If you already have a My HealtheVet account, you may skip to **Step 1 – Login to My HealtheVet to Access VA Blue Button [here](#)**.

If you do not have a My HealtheVet account, please take this time to register by following the instructions on the next page.

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○ Registering for a My HealtheVet Account

Registration is quick and easy. See **Figure 3** and instructions below to help guide you through this process.

Step 1 – Select **REGISTER** within the Member Login box:



Figure 3: My HealtheVet Member Login

HELPFUL HINT: Use your Veteran Health Identification Card information to match your My HealtheVet account with your VA health record.

Step 2 – Enter your:

- First, Middle and Last Name
- Date of Birth
- Gender, and
- Social Security Number

If you use the VA Healthcare System, it is important that this information match your VA health record information. If you have a special character in your name, such as an apostrophe (') or tilde (~) **do not** include them; however, if you have two last names you can use the hyphen (-) between your names.

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- **My HealtheVet Account Types**

Information in the **VA Blue Button** is available to you based on your My HealtheVet account type. All users who have a Basic account are able to view their self-reported information. To view information from your VA health record or Military Service Information from the Department of Defense (DoD), you need to have an [Advanced](#) or [Premium](#) My HealtheVet Account.

Here is a way you can check your account type:

- In the Member Logout box, when you hover over the account type letter icon, it will let you know what kind of account you have (see **Figures 4** and **4a** below). For example, if you have an Advanced account, the letter icon **A** will be displayed after your name. When you hover over the icon, the following message is displayed **You have an Advanced Account**.



Figure 4: My HealtheVet Account Types



Figure 4a: My HealtheVet Account Types

You may select the letter icon to get further information about your account type. You will be directed to the [My HealthVet Account Types](#) page that explains what each account type offers.

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- **My HealthVet Account Types Matrix**

Information that you have entered into My HealthVet is labeled as *Self-Reported*. Information from the VA Electronic Health Record (EHR) is labeled as *VA*.








The following are tables of the health information in **VA Blue Button**. You may print, download or save this information based on your My HealthVet Account type. A [Basic](#) account includes the following types of health information:








HEALTH INFORMATION	DATA SOURCE	BASIC	ADVANCED	PREMIUM
Activity Journal	Self-Reported	✓		
Allergies	Self-Reported	✓		
Demographics	Self-Reported	✓		
Family Health History	Self-Reported	✓		
Food Journal	Self-Reported	✓		
Health Care Providers	Self-Reported	✓		
Health Insurance	Self-Reported	✓		
Immunizations	Self-Reported	✓		
Labs and Tests	Self-Reported	✓		
Medical Events	Self-Reported	✓		
Medications and Supplements	Self-Reported	✓		
Military Health History	Self-Reported	✓		
My Goals (Current Goals and Completed Goals)	Self-Reported	✓		
Treatment Facilities	Self-Reported	✓		
Vitals and Readings	Self-Reported	✓		

If you have an [Advanced](#) account, it includes the features of a [Basic](#) account plus the following information:

HEALTH INFORMATION	DATA SOURCE	BASIC	ADVANCED	PREMIUM
VA Medication History – includes your VA medications (if you select this, your VA Blue Button automatically also includes VA Allergies and Adverse Reactions, and Self-Reported Allergies)	VA EHR			
VA Allergies – includes your VA Allergies information	VA EHR			

If you have a [Premium](#) account, it includes all the features of an [Advanced](#) and [Basic](#) account in addition to the following information:

HEALTH INFORMATION	DATA SOURCE	BASIC	ADVANCED	PREMIUM
VA Admissions and Discharges Summaries (Discharge Summaries are available 3 calendar days after they are completed)	VA EHR			
VA Appointments (future)	VA EHR			
VA Appointments (limited to past 2 years)	VA EHR			
VA Demographics	VA EHR			
VA Electrocardiogram (EKG) History (a list of EKG studies performed at VA Treating Facilities)	VA EHR			
VA Immunizations	VA EHR			
VA Laboratory Results – Chemistry/Hematology /Microbiology – VA Laboratory Results are available 3 calendar days after they have been verified. Depending on the type of test, some laboratory results may not be available right away.	VA EHR			

HEALTH INFORMATION	DATA SOURCE	BASIC	ADVANCED	PREMIUM
VA Pathology Reports – Surgical Pathology/Cytology/Electron Microscopy – VA Pathology Reports are available 14 calendar days after they have been completed. Some studies done at a non-VA facility may not be available or they may not necessarily include an interpretation.	VA EHR			
VA Problem List – The VA Problem List contains active health problems your VA providers are helping you manage. This information is available 3 calendar days after it has been entered. It may not contain active problems managed by non-VA health care providers.	VA EHR			
VA Notes – VA Notes written from January 1, 2013 forward are available 3 calendar days after they have been completed and signed by all required members of your VA health care team.	VA EHR			
VA Radiology Reports – VA Radiology Reports are available 3 calendar days after they have been completed. Some studies done at a non-VA facility may not be available or they may not necessarily include an interpretation.	VA EHR			
VA Vitals and Readings	VA EHR			
VA Wellness Reminders	VA EHR			
DoD Military Service Information	VA EHR			

To upgrade your My Health^eVet account to Premium, you will need to complete [authentication](#). The VA verifies a Veteran's identity by this one-time process. VA does this before allowing access to your VA health record. This is done to protect your personal information.

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Upgrading to Premium Account (Authentication)

- **Authentication Process**


After you have registered on My Health^eVet, there are three ways to upgrade your My Health^eVet account: In-Person Authentication, Online and/or Manual (by mail). Select the links below to learn more about each option:

1. **In-Person Authentication:** Done at your local VA health care facility. This is for Veterans enrolled at a VA health care facility. Simply follow these three steps:

Step 1 – Print, read and sign the [VA Release of Information \(ROI\) form \(10-5345a-MHV\)](#) (PDF).

Step 2 – Take a copy of your signed form and government issued photo identification (Veteran Health Identification Card or valid driver's license) to your local VA health facility and give it to a qualified VA staff member.

Step 3 – After the VA staff verifies your information, your My Health^eVet account can be upgraded.

When your account has been upgraded to Premium, your status will change on your My Health^eVet Member Logout box to  for a **Premium** account.

2. **Online Authentication:** Done by completing and signing your [VA Release of Information Form \(10-5345a-MHV\)](#) online.

Step 1 – Upgrade your account through the [AccessVA](#) or [eBenefits](#) website. You also need to use your non-My Health^eVet User ID and Password (e.g., Premium DS Logon account).

HELPFUL HINT: Online Authentication is for users who have a connected [AccessVA](#) or [eBenefits](#) Premium DS Logon account and My Health^eVet VA Patient account. It can be done anytime, anywhere, 24/7, and you will not need to visit a VA facility. However, before you can start to upgrade your My Health^eVet account online, you need to:

- Be registered in My Health^eVet as a **VA Patient**
- Have an [AccessVA](#) or [eBenefits](#)/Premium DS Logon Account
- Have your My Health^eVet VA Patient account information match what is in [DEERS](#) (e.g., full name, Social Security Number, date of birth and/or gender)

3. [Manual](#) (by mail): Done by sending your completed and signed paper VA Release of Information Form (10-5345a-MHV) by mail. This is for Veterans enrolled at a VA health care facility,



NOTE: *After you have mailed the VA Release of Information form, please allow up to 20 business days to complete the Online Authentication process.*

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Let's Get Started

The following information is the step-by-step process to access VA Blue Button.

Step 1 – Login to My HealtheVet to Access the VA Blue Button

Go to My HealtheVet at www.myhealth.va.gov and [login](#) to your personal account (Member Login box on the right side of the screen [Figure 5 below]) to access **VA Blue Button**. You must have already registered as user.

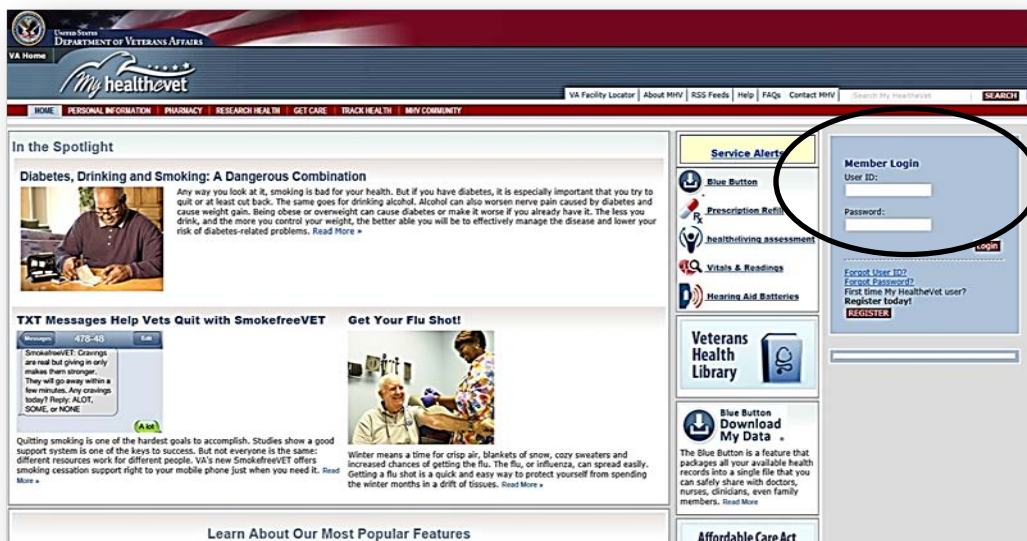


Figure 5: Login to My HealtheVet

After logging in, there are two ways you can access the VA Blue Button (see **Figure 6** below):

- (1) Select the **PERSONAL INFORMATION** tab at the top of the page. This takes you to the **PERSONAL INFORMATION** page; or

(2) Select the **Blue Button** icon. This takes you straight to the **Blue Button** page.

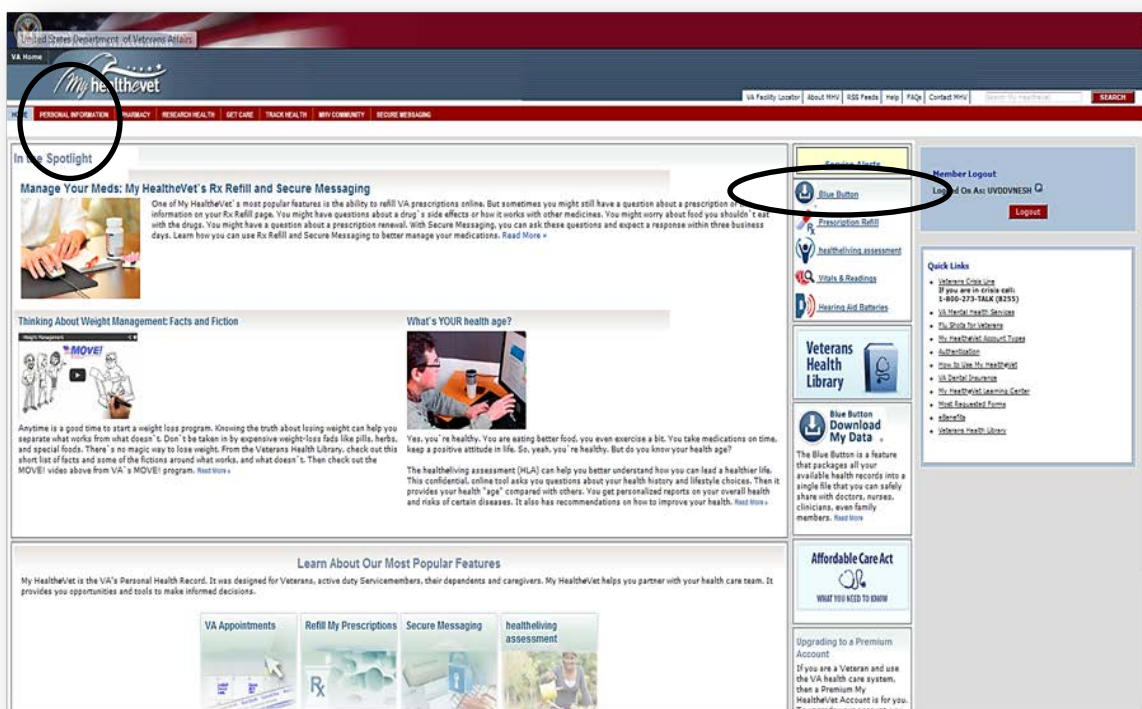


Figure 6: Access the VA Blue Button

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Step 2 – Accessing VA Blue Button

If you selected the **PERSONAL INFORMATION** tab, the page shown below (see **Figure 7** below) appears. From here, there are three ways to access the **Blue Button**. You can:

- (1) Select the **DOWNLOAD MY DATA** tab at the top of the page,
- (2) Select the VA **Blue Button image** in the middle of the page, or
- (3) Select the word **More>>** under the **Blue Button image**

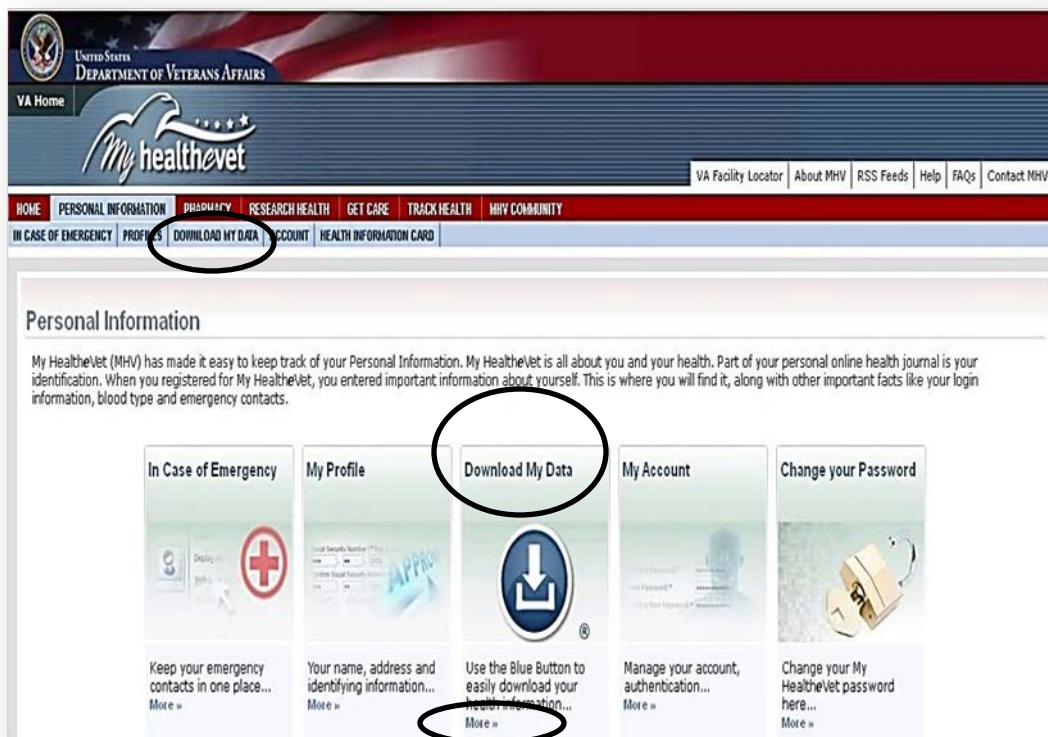


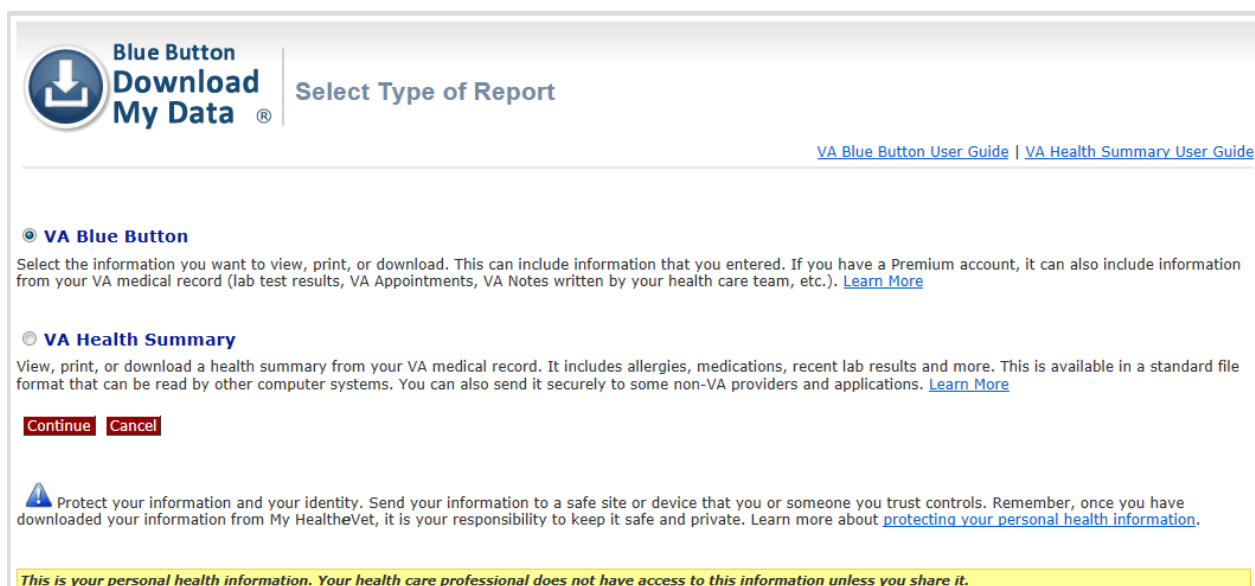
Figure 7: Access Options for VA Blue Button

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Step 3 – Download Your Data

To download your data,

- (1) Select **VA Blue Button**
- (2) Then, select **Continue**



Blue Button Download My Data | Select Type of Report

[VA Blue Button User Guide](#) | [VA Health Summary User Guide](#)


☒ **VA Blue Button**

Select the information you want to view, print, or download. This can include information that you entered. If you have a Premium account, it can also include information from your VA medical record (lab test results, VA Appointments, VA Notes written by your health care team, etc.). [Learn More](#)

☐ **VA Health Summary**

View, print, or download a health summary from your VA medical record. It includes allergies, medications, recent lab results and more. This is available in a standard file format that can be read by other computer systems. You can also send it securely to some non-VA providers and applications. [Learn More](#)

[Continue](#) [Cancel](#)

 Protect your information and your identity. Send your information to a safe site or device that you or someone you trust controls. Remember, once you have downloaded your information from My HealtheVet, it is your responsibility to keep it safe and private. Learn more about [protecting your personal health information](#).

This is your personal health information. Your health care professional does not have access to this information unless you share it.

Figure 8: Download Your Data

You may also select to download or send your **VA Health Summary**.

VA Health Summary – formerly called the **VA Continuity of Care Document (VA CCD)**, is a summary of essential health and medical care information from your VA health record. **VA Health Summary** uses recognized standards to support the effective exchange of information between health care systems and/or providers. The goal is to:

- Provide a summary of a patient’s essential health and medical care information that can be used for the continued care of the patient
- Allow for information about the patient in one health system to be exchanged with another health system that is providing care to the patient
- Be used by patients within other computer applications or systems that can accept this type of file

For more information about the **VA Health Summary**, visit the [Frequently Asked Questions](#)

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Step 4 – My customized Blue Button data

The **VA Blue Button Download my Selected Data** page lets you choose what type of information you want to download. There are two ways you can customize your download on the **Download My Selected Data** page. This can be done by selecting the **Date Range** and **Types of Information** you would like to view (**Figure 9**).

Each day you log into your My HealtheVet account, your VA health information will be updated. Updates are done once a day.
The following information is being updated:

- VA Admissions and Discharges
- VA Appointments
- VA Demographics
- VA Medication History
- VA Electrocardiogram (EKG) Reports
- VA Immunizations
- VA Laboratory Results: Chemistry/Hematology/Microbiology
- VA Pathology Reports: Surgical Pathology/Cytology/Electron Microscopy
- VA Problem List
- VA Notes
- VA Radiology Reports
- VA Vitals and Readings
- VA Wellness Reminders
- DOD Military Service Data

Select the **Check Updates** button to view the current status of your update. If you proceed with your download while updates are in progress, you may not receive the most up-to-date information. Updates are done once a day

Check Updates

There are many ways you can download your information. You can choose a date range, select the types of information you wish to include in your download or both.

Select Date Range

☐ 3 Months

☒ 6 Months

☐ 1 Year

☐ Select Date Range Start Date: Feb 27 2014 End Date: Aug 27 2014

Select Types of Information

Information that you have entered into My HealtheVet is labeled as 'Self-Reported.' Information from the VA Electronic Health Record is labeled as 'VA.'

☒ Select the types of information to include

☐ All types of information

Quick Links

- [Veterans Crisis Line](#)
If you are in crisis call: 1-800-273-TALK (8255)
- [VA Mental Health Services](#)
- [Flu Shots for Veterans](#)
- [My HealtheVet Account Types](#)
- [Authentication](#)
- [How to Use My HealtheVet](#)
- [VA Dental Insurance](#)
- [My HealtheVet Learning Center](#)
- [Most Requested Forms](#)
- [eBenefits](#)
- [Veterans Health Library](#)

Figure 9: VA Blue Button Download my Selected Data

You may also customize your data based on your account type and the type of information available:

Selecting the Types of Information (Basic Account)

To select the types of information, check one of the following:

- Select the types of information to include (Default)
- All types of information

You may choose from the following selections:

Medications (this automatically includes Allergy information)

- ☐ Medication and Supplements, Self-Reported

Labs and Tests

- ☐ Labs and Tests, Self-Reported

Allergies

- ☐ Allergies, Self-Reported

Immunizations

- ☐ Immunizations, Self-Reported

Vitals and Readings

- ☐ Vitals and Readings, Self-Reported

Self-Reported Health History

- ☐ Medical Events, Self-Reported
- ☐ Family Health History, Self-Reported
- ☐ Military Health History, Self-Reported
- ☐ Treatment Facilities, Self-Reported
- ☐ Health Care Providers, Self-Reported
- ☐ All of the above

Food and Activity Journals

- ☐ Activity Journal, Self-Reported
- ☐ Food Journal, Self-Reported
- ☐ All of the above

Goals

- ☐ My Goals: Current Goals, Self-Reported
- ☐ My Goals: Completed Goals, Self-Reported
- ☐ All of the above

Demographics and Health Insurance

- ☐ Demographics, Self-Reported
- ☐ Health Insurance, Self-Reported

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Selecting the Types of Information (Advanced Account)
--

To select the types of information, check one of the following:

- ☐ Select the types of information to include (Default)
- ☐ All types of information

You may choose from the following selections:

Medications (this automatically includes Allergy information)

- ☐ VA Medication History
- ☐ Medication and Supplements, Self-Reported
- ☐ All of the Above

Labs and Tests

- ☐ Labs and Tests, Self-Reported

Allergies

- ☐ VA Allergies
- ☐ Allergies, Self-Reported

- ☐ All of the above

Immunizations

- ☐ Immunizations, Self-Reported

Vitals and Readings

- ☐ Vitals and Readings, Self-Reported

Self-Reported Health History

- ☐ Medical Events, Self-Reported
- ☐ Family Health History, Self-Reported
- ☐ Military Health History, Self-Reported
- ☐ Treatment Facilities, Self-Reported
- ☐ Health Care Providers, Self-Reported
- ☐ All of the above

Food and Activity Journals

- ☐ Activity Journal, Self-Reported
- ☐ Food Journal, Self-Reported
- ☐ All of the above

Goals

- ☐ My Goals: Current Goals, Self-Reported
- ☐ My Goals: Completed Goals, Self-Reported
- ☐ All of the above

Demographics and Health Insurance

- ☐ Demographics, Self-Reported

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Selecting the Types of Information (Premium Account):
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To select the types of information, check one of the following:

- Select the types of information to include (Default)
- All types of information

You may choose from the following selections:

Appointments

- ☐ Future VA Appointments
- ☐ Past VA Appointments (limited to past 2 years)
- ☐ All of the above

Medications (automatically includes Allergy information)

- ☐ VA Medication History
- ☐ Medication and Supplements, Self-Reported
- ☐ All of the Above

Labs and Tests

- ☐ VA Laboratory Results (3 day hold period applies)
- ☐ VA Pathology Reports (14 day hold period applies)
- ☐ VA Radiology Reports (3 day hold period applies)
- ☐ VA Electrocardiogram (EKG) History (a list of EKG studies performed at VA Treating Facilities)
- ☐ Labs and Tests, Self-Reported
- ☐ All of the above

VA Electronic Health Record History and Wellness Reminders

- ☐ VA Problem List (3 day hold period applies)
- ☐ VA Admissions and Discharges (for Discharge Summary, 3 day hold period applies)
- ☐ VA Notes (from 01 JAN 2013 forward, 3 day hold period applies)
- ☐ VA Wellness Reminders
- ☐ All of the above

Allergies

- ☐ VA Allergies
- ☐ Allergies, Self-Reported
- ☐ All of the above

Immunizations

- ☐ VA Immunizations
- ☐ Immunizations, Self-Reported
- ☐ All of the above

Vitals and Readings

- ☐ VA Vitals and Readings
- ☐ Vitals and Readings, Self-Reported
- ☐ All of the above

Self-Reported Health History

- ☐ Medical Events, Self-Reported
- ☐ Family Health History, Self-Reported
- ☐ Military Health History, Self-Reported
- ☐ Treatment Facilities, Self-Reported
- ☐ Health Care Providers, Self-Reported
- ☐ All of the above

Food and Activity Journals

- ☐ Activity Journal, Self-Reported
- ☐ Food Journal, Self-Reported
- ☐ All of the above

Goals

- ☐ My Goals: Current Goals, Self-Reported
- ☐ My Goals: Completed Goals, Self-Reported
- ☐ All of the above

Demographics and Health Insurance

- ☐ VA Demographics (Demographic information from VA Treating Facilities in the last 3 years)
- ☐ Demographics, Self-Reported
- ☐ Health Insurance, Self-Reported
- ☐ All of the above

Department of Defense Information

- ☐ Department of Defense Military Service Information

After your choices are made, select **Submit**.

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Step 5 – Download your Health Information to a File

You have two file format options you can choose from to download and save your information (see **Figure 10** below). Select either:

- (1) **Download PDF File** for a format that is easy to read and print (PDF file)
- (2) **Download Text File** for a simple text format (.txt file)



NOTE: When you open or download a PDF file, a temporary file is created on the computer. Others may then be able to view your personal health information. There is a risk of exposing your information when you download a PDF file, especially on public or shared computers.

DOWNLOAD YOUR DATA

File Contents	File Name	File Size	Request Date	Status	Option to Retrieve Data	
Selected Health Data	mhv_PKNA_20150623_1814.pdf	34 KB	23 Jun 2015 @ 1814	Ready to Download	Download PDF File	View/Print
Selected Health Data	mhv_PKNA_20150623_1814.txt	2 KB	23 Jun 2015 @ 1814	Ready to Download	Download Text File	View/Print

Figure 10: Download your Health Information to a File

File Contents shows that you have **Selected Health Data**

File Name shows you the name of the file to help you find it, if you decide to download

File Size lets you know how large your file is

Request Date shows you the date you made your request

Status lets you know the status of your request (**Updates in Progress** or **Ready to Download**)

Options to Retrieve Data lets you choose if you want to download your data or just view or print your data



NOTE: If your status is **Updates in Progress**, you can still download your file, but it may not contain the most up-to-date information. You may want to come back later in the day to receive a ready to download file, since this means that the updates have been completed. This update occurs once per day.

When you select one of the download options, a message box (see **Figure 11** below) will ask if you want to save your information as a file. If you want to save a file, select **OK**; if not, select the **Cancel** button.

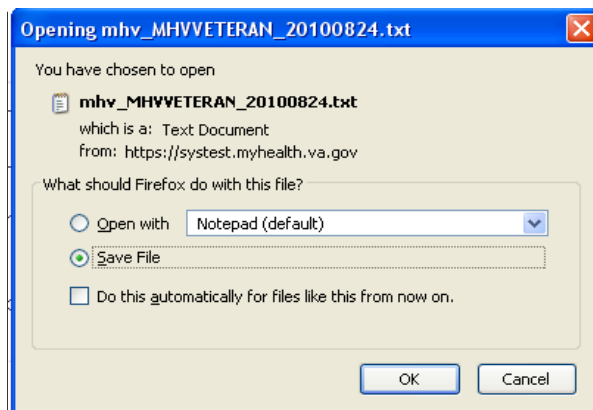


Figure 11: Save Information as a File

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Step 6 – View/Print Your Health Information

- (1) Select the **View/Print** button. This lets you view the health information you selected. From this page, you may also print a copy of your information.

Select the **Cancel** button if you no longer wish to view or print a copy of your information. This will take you back to the previous page.


 **NOTE:** If a yellow message box displays (as shown in **Figure 12** below) **Your information is being updated**, select the **Check Updates** (Refresh) button. By doing this, you will view your most current information.



Figure 12: Check Updates (Refresh) Button

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Learn More

On the **Select Type of Report** page are **Learn More** links (see **Figure 13** below).

If you select a **Learn More** link, it takes you to a page where you can view a summary of the report.

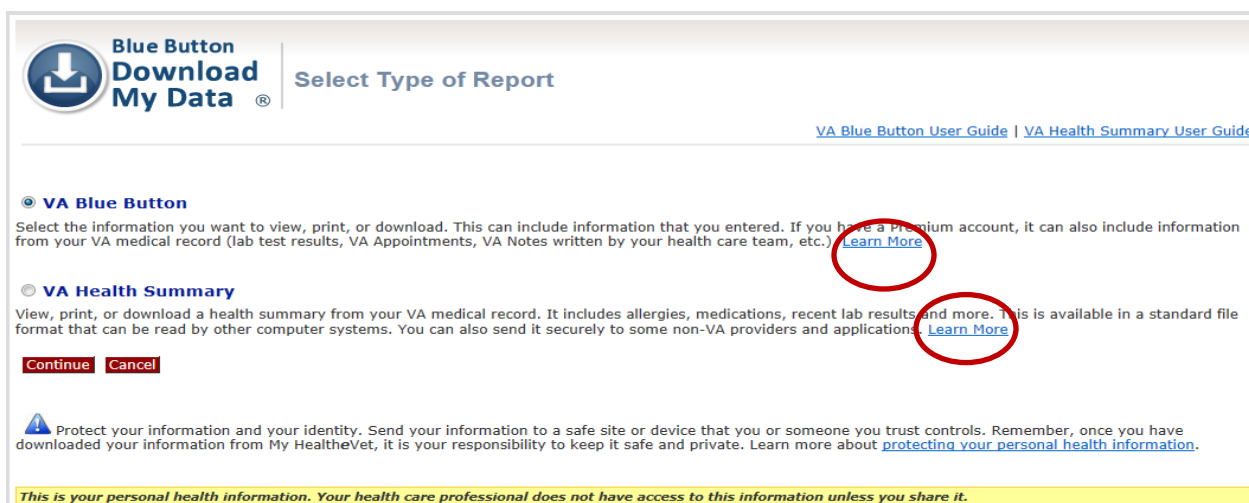


Figure 13: Learn More

To leave the **Learn More** page, select the **Close** button at the bottom of the page. This will take you back to the previous page (see **Figure 14** below).

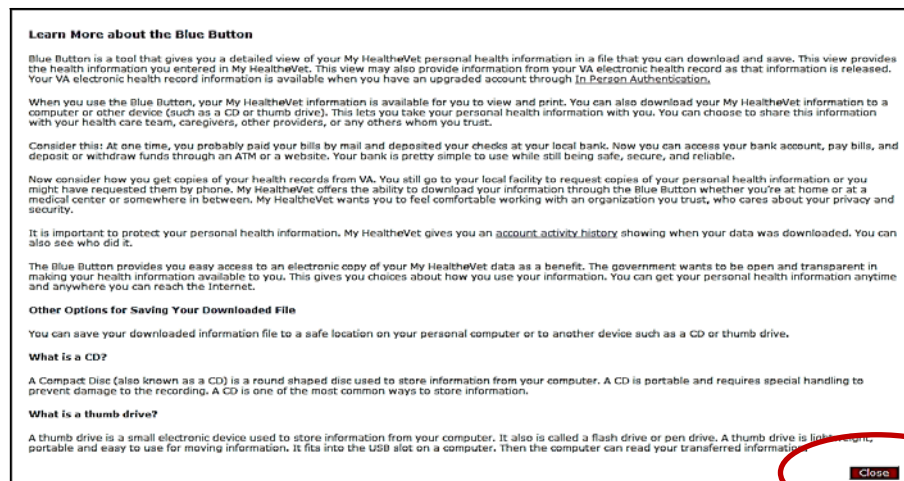


Figure 14: Close Button to Leave Learn More Page

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When you select the **Submit** button it brings you to the **My Download Results** page. This page gives you a table displaying the results of your download request:

DOWNLOAD YOUR DATA					
File Contents	File Name	File Size	Request Date	Status	Option to Retrieve Data
<p>File Contents shows that you have Selected Health Data</p> <p>File Name shows the name of the file to help you find it if you decide to download</p> <p>File Size</p> <p>Request Date</p> <p>Status lets you know the status of your request (Updates in Progress or Ready to Download)</p> <p>Options to Retrieve Data lets you choose if you want to download or just view or print your information</p>					

i **NOTE:** When the status is **Updates in Progress**, you can still download your file, but it may not contain the most up-to-date information. So, you may want to come back later in the day to download an updated file. Updates occur once per day.

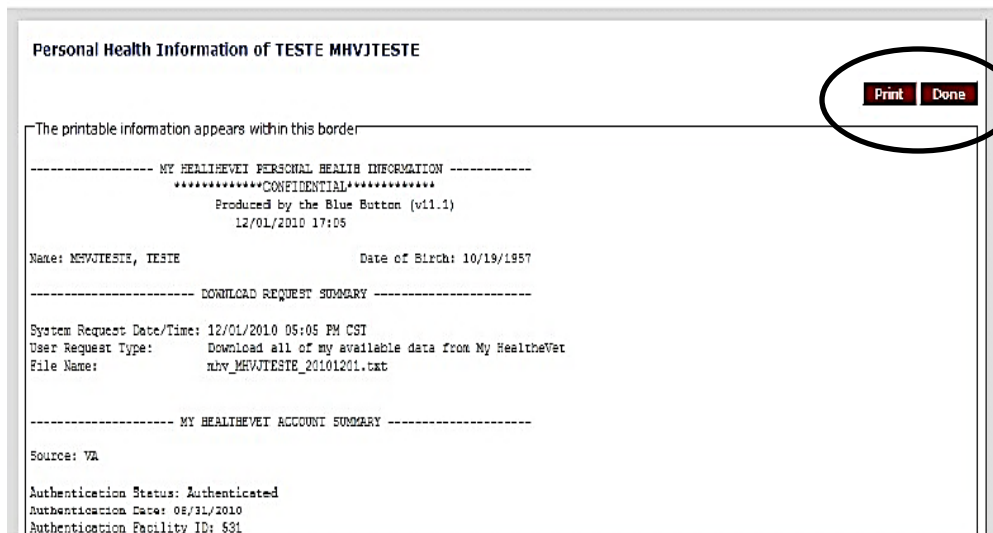
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Personal Health Information Page Sample

Below (**Figure 15**) is a sample of how your data is shown when you select the **View/Print** button on the **My Download Results** page.

(1) To print your data, select the **Print** button at the top of the page as illustrated.

- (2) When you are finished, select the **Done** button at the top of the page to go back to the **My Download Results** page.



Personal Health Information of TESTE MHVJTESTE

The printable information appears within this border

----- MY HEALTHeVET PERSONAL HEALTH INFORMATION -----
*****CONFIDENTIAL*****
Produced by the Blue Button (v1.1)
12/01/2010 17:05

Name: MHVJTESTE, TESTE Date of Birth: 10/19/1957

----- DOWNLOAD REQUEST SUMMARY -----

System Request Date/Time: 12/01/2010 05:05 PM CST
User Request Type: Download all of my available data from My HealtheVet
File Name: mhv_MHVJTESTE_20101201.txt

----- MY HEALTHeVET ACCOUNT SUMMARY -----

Source: VA

Authentication Status: Authenticated
Authentication Date: 08/31/2010
Authentication Facility ID: 531

Print Done

Figure 15: Personal Health Information Page Sample

Please be aware: Please note that any information entered in your My HealtheVet account is for you only and is not shared with your VA facility. If you need to update the information in your official VA record, **including the mailing address for your VA prescriptions, please contact the appropriate office at your local VA facility**

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General Information

Hold Periods for VA information

Some information that comes from your VA health record may not be presented right away in My HealtheVet or your VA Blue Button. This is because your information may first need to be reviewed or signed by a member of your VA health care team. Also, if needed, a hold period gives your provider time to discuss your results with you or other members of your health care team before you view them in My HealtheVet.

Please review the hold periods and explanations below:

VA HEALTH INFORMATION	
<input type="checkbox"/> VA Admissions and Discharges * <u>(for Discharge Summary, 3 day hold period applies)</u>	<p>VA Discharge Summaries are available 3 calendar days after they are completed</p> <p>VA Laboratory Results are available 3 calendar days after they have been verified. Depending on the type of tests, some of your laboratory results may not be available right away.</p> <p>VA Notes written from January 1, 2013 forward. VA Notes are available 3 calendar days after they have been completed. Notes are not complete until they have been signed by all required members of the VA health care team.</p> <p>The VA Problem List is available 3 calendar days after it has been entered by a VA provider. It contains active health problems your VA providers are helping you to manage. It may not contain active problems managed by non-VA health care providers.</p> <p>VA Radiology Reports are available 3 calendar days after they have been completed. Some studies done at a non-VA facility may not be available or they may not necessarily include an interpretation.</p>
<input type="checkbox"/> VA Allergies *	
<input type="checkbox"/> VA Appointments * (future)	
<input type="checkbox"/> VA Appointments * (limited to past 2 years)	
<input type="checkbox"/> VA Demographics *	
<input type="checkbox"/> VA Electrocardiogram (EKG) Reports *	
<input type="checkbox"/> VA Home Telehealth Vitals and Readings *	
<input type="checkbox"/> VA Immunizations *	
<input type="checkbox"/> VA Laboratory Results: Chemistry/Hematology/Microbiology * <u>(3 day hold period applies)</u>	
<input type="checkbox"/> VA Medication History	
<input type="checkbox"/> VA Notes * <u>(from 01 Jan 2013 forward, 3 day hold period applies)</u>	
<input type="checkbox"/> VA Pathology Reports: Surgical Pathology/Cytology/Electron Microscopy * <u>(14 day hold period applies)</u>	
<input type="checkbox"/> VA Problem List * <u>(3 day hold period applies)</u>	
<input type="checkbox"/> VA Radiology Reports * <u>(3 day hold period applies)</u>	
<input type="checkbox"/> VA Vitals and Readings *	
<input type="checkbox"/> VA Wellness Reminders *	

Figure 16: Hold Periods

If you have any questions about your health information, you can visit [Learn More](#) or the [Frequently Asked Questions](#). You may also contact your VA health care team with your questions.

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Protecting Your Personal Health Information

My HealtheVet takes steps to ensure your information is protected. You should too. On the VA Blue Button, there are links on the pages that take you to information on the importance of protecting your personal health information (see **Figure 17** below).



Select Type of Report

[VA Blue Button User Guide](#) | [VA Health Summary User Guide](#)

VA Blue Button

Select the information you want to view, print, or download. This can include information that you entered. If you have a Premium account, it can also include information from your VA medical record (lab test results, VA Appointments, VA Notes written by your health care team, etc.). [Learn More](#)

VA Health Summary

View, print, or download a health summary from your VA medical record. It includes allergies, medications, recent lab results and more. This is available in a standard file format that can be read by other computer systems. You can also send it securely to some non-VA providers and applications. [Learn More](#)

[Continue](#) [Cancel](#)



Protect your information and your identity. Send your information to a safe site or device that you or someone you trust controls. Remember, once you have downloaded your information from My HealtheVet, it is your responsibility to keep it safe and private. Learn more about [protecting your personal health information](#).

This is your personal health information. Your health care professional does not have access to this information unless you share it.

Figure 17: Protecting Your Personal Health Information

To leave the **Protecting Your Personal Health Information** page, select the **Close** button at the bottom of the page (see **Figure 18** below). This will take you back to the previous page.

Protecting Your Personal Health Information

The Department of Veterans Affairs takes safeguarding and protecting your information very seriously. You should, too. You control access to your personal information. It is your responsibility to keep your information private and protected. To help protect your privacy, MyHealtheVet is providing you with some important points to remember:

Passwords

- Keep your passwords secret, safe and secure. If you need to write them down, put them in a safe, secure place
- You should not share your password with others. Treat your password like you would your credit card. Remember, your passwords open up records to your personal information
- Consider changing your password every so often or if you ever think someone might know what it is. (The recommendation is to change your password every three months.)
- Do not re-use your password on other sites. This may allow others to steal your password from less secure websites
- Choose a smart password. Your password is your first line of defense

Downloading Information

If you download your health or service information, make sure it is to a safe and secure location like:

- You may want to download your information to a CD or flash drive. If so, consider purchasing an encrypted flash drive. You may also encrypt or require a password to access a CD
- Keep your flash drive or other device in a safe place - just like you do all of your other important information
- When you no longer need the information on your flash drive or CD, erase it

Printing

- Keep paper copies in a safe and secure place like a locked desk drawer or a personal safe
- Make sure you take all printed pages from the printer. We know it is easy to get distracted and leave something behind, do not let that something be your personal information!
- Destroy paper copies you no longer need by shredding or burning them

Sharing

- If you share paper copies of your records or flash drives with family members or caregivers, make sure that they safeguard your information too!
- Avoid sharing your password with others. Remember, you control access to your personal health information. Protect it and keep it safe
- Do not share your VA Blue Button file by sending it to someone by email. Email is not secure and can travel over the Internet without protection

Email

- Email is not secure and can travel over the Internet without protection. Because of this, someone other than the sender can tamper with it
- You should not send emails that contain personal information. This includes social security number, full name, street address, birth date, mother's maiden name, or any information or combination of information that can be used to personally identify you or someone else
- If you wish to send your information by email, you need to use encryption software to protect your message and any file you attach to your email. You can learn much more from [US-CERT](#)

[Close](#)

Figure 18: Leaving the Protecting Your Personal Health Information

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Throughout the **VA Blue Button** pages, there will be the following reminders about the importance of protecting your health information:



Protect your information and your identity. Send your information to a safe site or device that you or someone you trust controls. Remember, once you have downloaded your information from My HealtheVet, it is your responsibility to keep it safe and private. Learn more about [protecting your personal health information](#).

This is your personal health information. Your health care professional does not have access to this information unless you share it.



NOTE: When you open or download a PDF file, a temporary file is created on the computer. Others may then be able to view your personal health information on that

computer. There is a risk of exposing your information when you download a PDF file, especially on public or shared computers.

To read more about why it is important to protect your personal health data, select the [Protecting Your Personal Health Information](#) link.

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Account Activity History

The **Account Activity History** lets you know who viewed your account, and when and what changes were made. With this feature, you can view and print up to **12 months** of your account activity. My HealtheVet guards your privacy. You can read more about this in the **Privacy & Security** link available at the bottom of each My HealtheVet page.

To view your Account Activity History (see **Figure 19** below), follow the steps below:

Step 1 – Login to your My HealtheVet account

Step 2 – Select the **Personal Information** tab at the top of the page

Step 3 – Select the **Account** sub-tab

Step 4 – Select **Account Activity History**



Figure 19: Account Activity History

Your **Account Activity History** information will be displayed in a table (see **Figure 20** below). The table has 5 columns that can be sorted using the up-down arrows. The first shows the date/time the activity was recorded. Then, you are able to view who performed the activity. The next column lets you view what the type of activity. The table also shows the action taken and the results of the action.

If there is activity you do not understand, please contact the My HealtheVet Help Desk by selecting the **Contact MHV** tab.

Account Activity History

Printer Friendly | Help

Account Activity Summary for Dana Marie Stephenson

With this feature, you can view and print up to **12 months** of your account activity (such as logins and password changes).

View Activities within a date range:

You can view activities dating back to **Oct 3, 2011**

From: Oct 03 2011

To: Oct 03 2012

Performed By: Everyone

Search

36 items found, displaying 1 to 10
 First/Prev 1, 2, 3, 4 Next/Last
 Number of rows to display per page: 10 25 50 100

Date/Time	Performed By	Activity	Action	Result
10/3/2012 1:59 PM CDT	Self	Login/Logout	Login	Successful
10/3/2012 1:59 PM CDT	Self	Login/Logout	Logout	Successful
10/3/2012 1:58 PM CDT	Self	Download	Download My Custom Data bluebutton	Successful
10/3/2012 1:58 PM CDT	Self	Download	Download My Custom Data	Successful
10/3/2012 1:58 PM CDT	Self	Download	Download My Custom Data pdf	Successful
10/3/2012 1:58 PM CDT	Self	Download	Print My Custom Data	Successful
10/3/2012 1:58 PM CDT	Self	Download	View My Custom Data	Successful
10/3/2012 1:57 PM CDT	Self	Download	Custom Download Requested	Successful
10/3/2012 1:54 PM CDT	Self	Login/Logout	Login	Successful
10/3/2012 1:22 PM CDT	Self	Login/Logout	Login	Successful

36 items found, displaying 1 to 10
 First/Prev 1, 2, 3, 4 Next/Last
 Number of rows to display per page: 10 25 50 100

Figure 20: Account Activity Table

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View Activities within a date range – lets you choose the dates for the activities you want to view (see **Figure 21**).

- Step 1** – In the **From:** section use the drop down lists to enter your start day, month, and year.
- Step 2** – In the **To:** section use the drop down lists to enter your stop day, month, and year.
- Step 3** – To view your activities within your chosen date range, select the **Search** button.

Account

Change Password

Account Activity History

In Person Authentication

Account Activity History

Printer Friendly | Help

Account Activity Summary for TESTE MHVJTESTE

With this feature, you can view and print up to **12 months** of your account activity (such as logins and password changes).

View Activities within a date range:

You can view activities dating back to **Aug 16, 2009**

From: Aug 16 2009

To: Aug 16 2010

Performed By: Everyone

Search

687 items found, displaying 1 to 10
 First/Prev 1, 2, 3, 4 5 6 7 8 9 10 Next/Last
 Number of rows to display per page: 10 25 50 100

Date/Time	Performed By	Activity	Action	Result
8/16/2010 4:39PM EDT	Self	Download	Download Requested	Successful
8/16/2010 4:35PM EDT	Self	Download	Download Completed	Successful
8/16/2010 4:26PM EDT	Self	Download	Download Requested	Successful
8/16/2010 4:18PM EDT	Self	Login/Logout	Login	Successful
8/16/2010 4:18PM EDT	Self	Login/Logout	Login	Successful

Quick Links

- VA Notice
- Prevention
- If you are
- call:
- 1-800-2
- (8255)
- In Person
- Authentic
- 2558
- Flu Infor
- My Health
- Learnin
- VA Mental
- Services
- Visit the
- Tour (Re
- with Flae
- Rx Refill
- Rx Refill
- Visit your
- Medicatio
- Quality

Figure 21: View Activities within a date range

View Activities Performed By – lets you sort activities based on who has accessed your account (see **Figure 22**).

The screenshot shows the 'Account Activity History' page. On the left is a navigation menu with 'Account Activity History' selected. The main content area has a header 'Account Activity History' and a sub-header 'Account Activity Summary for'. Below this is a section 'View Activities within a date range:' with 'From' and 'To' date pickers set to August 16, 2009. The 'Performed By' dropdown menu is highlighted with a red box and set to 'Everyone'. A 'Search' button is to the right. Below the search bar, it says '687 items found, displaying 1 to 10' and provides pagination links. A table of activity logs follows, with columns for Date/Time, Performed By, Activity, Action, and Result. The first row shows a 'Download' activity performed by 'Self' at 4:39PM EDT, which is 'Download Requested' and 'Successful'.

Figure 22: View Activities Performed By

To sort activities based on who has accessed your account, choose one of the options from the **Performed By** dropdown list:

- Everyone
- Everyone But Self
- Help Desk Administrator
- MHV Authenticator
- Self
- System Unknown

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Account Activity History – To View Details Page

This screenshot is similar to Figure 22 but shows a different row in the activity log. The 'Download' link in the 'Activity' column of the first row is highlighted with a red box. The rest of the page layout, including the navigation menu, date range filters, and search bar, remains the same.

Figure 23: Detailed View of Your Account Activity History

To access a detailed view of your **Account Activity History**, select the link to the activity on which you want more information (see **Figure 23**).

You can view details about an activity by selecting the link for that activity under the **Activity** column.

This will take you to the **Details Page**.

Account Activity History – Details Page:

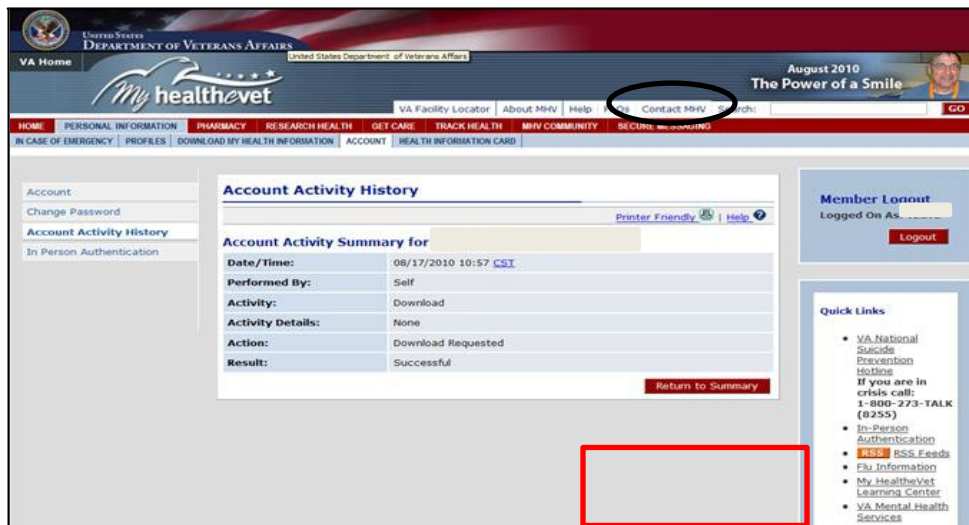


Figure 24: Detailed View of Your Account Activity History

If there is activity you do not understand, please contact the **My HealthVet** Help Desk by selecting the [Contact MHV](#) tab circled above.

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The **Details Page** gives you information about a selected activity and includes:

- Date/Time
- Performed by Activity
- Activity details
- Action
- Results

Select the **Return to Summary** button to return to the **Account Activity History** table.

Definitions

Compact Disk – A Compact Disc (also known as a CD) is a round disc used to store information from your computer. A CD is portable and requires special handling to prevent damage to the recording. A CD is one of the most common ways to store information.

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Data – Throughout the **VA Blue Button**, we refer to information in your My Health^eVet as your **data**. Data is your health information in words and numbers. The VA Blue Button refers to health information, numbers you've entered into your My Health^eVet account, and copies from your official VA electronic health record all as *data*.

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Thumb drive – A thumb drive is a small electronic device used to store information from your computer. It is also known as a flash drive or pen drive. A thumb drive is lightweight, portable and easy to use for moving information. It fits into the USB slot on a computer. Then the computer can read your transferred information.

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Mobile Device – A mobile device, which is also referred to as a handheld, handheld device or handheld computer, is a pint-sized, computing device. Mobile devices usually come with a touch or non-touch display screen and sometimes, even a mini keyboard.

There are many types of mobile devices, the commonest among them being, mobile phones and smartphones.

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